

WORLD DRUG FREE POWERLIFTING ASSOCIATION  
SCO Regional Powerlifting Championships 2011  
Palace of Art, Glasgow - 26/02/2011

Day 1, Flight 1

DR = Divisional Record

NR=National Record

WR=World Record (Unofficial)

WGT CLASS	Competitor Name	NAT CLUB	DOB Age	Body Weight	Cat.	U/E	SQUAT				SUB TOT	BENCH				SUB TOT	DEADLIFT				TOTAL	POINTS	
							1	2	3	4		1	2	3	4		1	2	3	4			
w 58.5kg	Jess JONES	NE NE	20/09/61 49	58.4	M2	U	WR* 100	WR* 105	WR* 107.5		107.5	NR 70	NR 72.5	NR 75		182.5	WR* 150	WR 160	WR 165		WR 342.5	301.4	
w 70kg	Jo GASKIN	SCO SCO	08/06/70 40	68.6	M1	U	DR 85	<del>87.5</del>	<del>87.5</del>		85	DR 35	DR 37.5	DR 40		125	DR 110	DR 120	DR 125		DR 250	192.225	
w 70kg	Louise HOWELL	NE NE	01/09/85 25	64	Snr	U	95	<del>100</del>	100		100	45	50	55		155	120	130	135		290	236.292	
w 90kg	Bernie MC KINLEY	SCO SCO	02/05/79 31	85.8	Snr	U	0				0	97.5	NR 102.5	NR 107.5	WR 110	0	DR 150	DR 160	DR 170		0	0	SINGLE LIFT
67.5kg	Chris YULE	SCO SCO	08/02/83 28	63.4	Snr	U	<del>100</del>	100	110		110	<del>85</del>	<del>85</del>	<del>85</del>		0	130	140			0	0	SINGLE LIFT
67.5kg	James WITHINGTON	NE NE	03/04/82 28	66.4	Snr	U	130	137.5	<del>142.5</del>		137.5	95	100	<del>105</del>		237.5	175	195	<del>200</del>		432.5	318.6228	
75kg	Martin MACDONALD	SCO SCO	20/02/87 24	74.8	Snr	U	<del>150</del>	155	<del>165</del>		155	100	<del>105</del>	105		260	180	200	210		470	312.973	
82.5kg	Adrian KENNEDY	SCO SCO	27/09/88 22	78.4	Jnr	U	160	170	DR 180		180	97.5	100	<del>105</del>		280	190	200	210		490	314.776	

Referees:

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